

Improving Energy Flow through your Chakras

Incorporating healthy lifestyle habits, such as a healthy diet and regular exercise, should be the starting point for improving energy flow through your chakras.

Hatha yoga, incorporating asana and pranayama, is specifically aimed developing healthy chakra energy flow. Meditation can also be beneficial. Regular yoga and meditation practice will help overcome imbalances in your chakras.

Root Chakra– the Muladhara Chakra

Developing good energy flows through the Muladhara Chakra means being grounded and in harmony with your environment.

- **Reconnect with the earth** – take time out to walk in a park, garden or bushland. Do some gardening. Add some plants to indoor environments.
- **Strengthen your roots** – do more physical activity involving your feet and legs – walking, jogging, yoga, pilates.
- **Understand yourself** – be honest with yourself. Reflect on what you really want from life. What brings you happiness? What are your deepest needs?
- **Discover abundance** – In our materialistic world we focus too much on money and possessions. Real wealth comes from the inside. Spend more time with friends who bring real joy into your life.
- **Yoga poses** – do grounded asanas (those laying on the ground or seated) and do asanas that strengthen your legs, such as the Warrior asanas.
- **Meditation** – Visualise energy flowing through the Muladhara Chakra in your meditation. Visualise red. Repeat the mantra LAM.
- **Colour** – if this chakra is blocked, wear red clothing, add red décor to your home. If the chakra is overactive, use less red, use green instead.
- **Food** – ensure you have a good balance of root vegetables and red foods in your diet. Make sure you are getting sufficient protein.
- **Crystal healing** – Healing stones include: Garnet, Red Tiger’s Eye, Hematite, Rhodochrosite, Jet and Smokey Quartz.

Sacral Chakra – Svadhisthana chakra

Developing good energy flows through the Svadhisthana Chakra means giving yourself permission to express a healthy level of creativity and sensuality, to give and receive love and not to be needy or obsessive.

- **Water** – spend time near lakes, rivers, streams or the ocean. Swim, wade or simply dangle your feet. Take a bath or shower.
- **Emotional balance** – express yourself fully with thoughtfulness and sensitivity to others. Avoid passive aggressive and manipulative behaviour and don’t engage with those who do this.
- **Mindfulness** – develop awareness and sensitivity to your thoughts and feelings. Develop the “observer” in your mind. Observe how you react to emotional problems. Learn to pause before reacting.
- **Simple pleasures** – find happiness in the simple things in life. Here are some suggestions. How many more can you think of?



CENTENARY YOGA

Wellbeing for your whole being

671 Seventeen Mile Rocks Road, Sinnamon Park

- Revel in the joy of a single chocolate, as though it is the first time you have tasted chocolate, and then resist the temptation to eat more.
- Watch a bird fly, as if for the first time, and be amazed at the wonder of life.
- **Sex and sensuality** – work on developing trust with your partner. Consider seeking help from a professional.
- **Dance** – move your body in a way that expresses your feelings.
- **Yoga poses** – Surya Namaskara (sun salutations). Hip opening asanas such as Baddha Konasana (Butterfly).
- **Meditation** – Visualise energy flowing through the Svadhisthana Chakra in your meditation. Visualise orange. Repeat the mantra VAM.
- **Colour** – if this chakra is blocked, wear orange clothing, add orange décor to your home. If the chakra is overactive, use less orange, use blue instead.
- **Food** – Carrots. Nuts and Seeds. Cinnamon. Oranges, melons, coconuts and other sweet fruits. Drink plenty of water.
- **Crystal healing** – Healing stones include: Moonstone, citrine, carnelian, orange calcite, and other orange stones.
- **Essential oils** – Try Ylang-Ylang or Sandalwood for the Svadhisthana Chakra.

Solar Plexus Chakra – Manipura chakra

Developing good energy flows through the Manipura Chakra means having good health, judgement and self-esteem.

- **Sunshine** – spend time outside soaking up the sun's rays.
- **Achievements** – place less focus on what you accomplish and more on what you contribute. Accomplishment feeds the ego. Contribution feeds the soul.
- **Yoga poses** – Try poses that challenge your willpower such as balance poses (e.g. Warrior 3), strong inversions such as handstand (Adho Mukha Vrksasana) and poses that strengthen your core such as Boat Pose (Navasana).
- **Meditation** – Visualise golden energy energy flowing through the Manipura Chakra in your meditation. Visualise yellow. Repeat the mantra RAM.
- **Colour** – if this chakra is blocked, wear yellow clothing, use gold jewellery, add yellow décor to your home. If the chakra is overactive, use less yellow, use purple instead.
- **Food** – yellow foods such as lemons, bananas, cheese, pasta, bread, corn, sunflower seeds and yellow lentils. If the chakra is overactive, use soothing herbs and teas such as chamomile, mint and rosemary.
- **Crystal healing** – Healing stones include: citrine, topaz, amber, yellow tourmaline and tiger's eye.
- **Essential oils** – Try chamomile, mint and ginger or citrusy essential oils like orange and grapefruit.



CENTENARY YOGA

Wellbeing for your whole being

671 Seventeen Mile Rocks Road, Sinnamon Park

Heart Chakra – Anahata chakra

Developing good energy flows through the Heart Chakra means being able to connect with life, accepting the world, ourselves and others as they are, having kindness, compassion and healthy relationships.

- **Volunteer** – choose a charity resonates with you. You will be amazed at how much healing energy you receive when you help others.
- **Practice kindness** – when you encounter someone who is irrational, angry or upset, create a story in your mind to explain their problem (they just lost a loved one, they lost their job, etc). Practice responding with compassion.
- **Letting go** – practice letting go of anger and fear. If a negative emotion comes, go back to your breath, let green healing prana come into your body and wash away negative thoughts with love.
- **Focus on what is good** – Keep a gratitude journal. At the end of each day, write down things you were grateful for and when you wake up the next morning, start the day by reading what you wrote the previous night.
- **Fresh air** – air is the element of the Heart Chakra. Step out into nature and breathe in the fresh air.
- **Pranayama** – Practice the breathing exercises we learn in yoga. If you are not sure, your yoga teacher will be most happy to help you.
- **Yoga poses** – Try poses that open your heart (backbends) such as Camel (Ustrasana) or Cobra (Bhujangasana).
- **Meditation** – Visualise green healing energy flowing through the Heart Chakra in your meditation. Repeat the mantra YAM.
- **Colour** – if this chakra is blocked, wear green clothing, add green décor to your home. If the chakra is overactive, use less green, use pink instead.
- **Food** – green foods such as broccoli, kale, green beans, lettuce.
- **Crystal healing** – Healing stones include: emerald, malachite, aventurine, jade and green tourmaline. Try wearing them in a necklace with the stone resting on your heart.

Throat Chakra – Vishuddha chakra

Developing good energy flows through the Throat Chakra means being able to express yourself and communicate effectively with knowledge, truth and honesty.

- **Mindful speech** – practice talk openly and honestly with sensitivity others.
- **Singing** – even if it is in the shower.
- **Release negative emotions** – have a good cry if you need it.
- **Pranayama** – Practice Ujjayi and Brahmari Pranayama. If you are not sure, your yoga teacher will be most happy to help you.
- **Yoga poses** – Try poses that open and strengthen the throat area such as twists, cat/cow and neck rolls. More advanced yogis should incorporate Jalandhara Bandha into their practice.
- **Meditation** – Visualise blue healing energy flowing through the Throat Chakra in your meditation. Repeat the mantra HAM.
- **Colour** – if this chakra is blocked, wear blue clothing, add blue décor to your home. If the chakra is overactive, use less blue, use orange instead.
- **Food** – blue foods such as blueberries.
- **Crystal healing** – Healing stones include: sodalite and lapis.



CENTENARY YOGA

Wellbeing for your whole being

671 Seventeen Mile Rocks Road, Sinnamon Park

Third Eye Chakra – Ajna chakra

Developing good energy flows through the Third Eye Chakra means tapping into the faculties of the mind, such as intelligence, intuition, memory and concentration. It means seeing things more clearly. It can mean a psychic doorway opening into deeper and higher realms of awareness.

- **Meditation** – With eyes closed, bring your focus to your Third Eye. Visualise indigo energy flowing through this Chakra. Repeat the mantra OM.
- **Yoga poses** – Try meditative poses such as Lotus, Half Lotus, Easy Pose and Thunderbolt as well as Child’s pose (Balasana) and Headstand (Shirshasana).
- **Pranayama** – Practice alternate nostril breathing (Nadi Shodana). If you are not sure, your yoga teacher will be most happy to help you.
- **Colour** – if this chakra is blocked, wear indigo clothing, add indigo décor to your home. If the chakra is overactive, use less indigo, use yellow instead.
- **Food** – deep blue or purple foods such as blackberries, purple potato and purple grapes.
- **Crystal healing** – Healing stones include: amethyst (dark) and sugilite.

Crown Chakra – Sahasrara chakra

Developing good energy flows through the Crown Chakra means bringing it all together, with healthy balanced energy flows in all the other six chakras, and being able to move beyond materialistic needs to connect with the universal whole. It means being able to live with spiritual insight, mindfulness and quiet self-confidence in all aspects of life.

- **Thought** – stimulate the mind through reading and puzzles.
- **Sunlight and nature** – spend time outside soaking up the sun’s rays and breathing in fresh air. Reconnect with nature.
- **Meditation** – With eyes closed, bring your focus to your Crown Chakra. Visualise white or violet energy flowing pouring out the top of your head, clearing away any blockages. Repeat the mantra OM or meditate in silence.
- **Yoga poses** – all yoga poses help open energy flows through the chakras leading up to the Crown Chakra. Ensure your yoga practice incorporates a mix of forward bends, backbends, twists, challenge poses and inversions. Salute to the Sun (Surya Namaskara) is a good foundation. Inversions such as headstand and shoulder stand may help. Always ensure sufficient time is spent at the end of the practice in Corpse pose (Savasana).
- **Pranayama** – Practice alternate nostril breathing (Nadi Shodana). If you are not sure, your yoga teacher will be most happy to help you.
- **Colour** – if this chakra is blocked, wear white or violet clothing, add white or violet décor to your home.
- **Food** – deep purple foods such as plums and eggplant.
- **Crystal healing** – Healing stones include: Selenite, Clear Quartz, Amethyst (light) and Diamond.



CENTENARY YOGA

Wellbeing for your whole being

671 Seventeen Mile Rocks Road, Sinnamon Park